



# **Kingsport Senior Center News**

**February 2012**  
**Volume XX Edition 02**  
**1200 East Center Street**  
**Kingsport, Tennessee 37660**

## **Omega Challenge**

**Work Your Brain!!!**

**Saturday, March 24, 2012**

**9:00 am—12 Noon**



**The Omega Challenge is one of the most fun events offered by the Kingsport Senior Center. It is a team event; teams consist of 4 to 5 people. Your team will compete in various fun, mind boggling challenges. We will begin the games on Saturday March 24<sup>th</sup> at 9am, lasting until noon. Lunch will be provided. Awards will be presented to the winning team following lunch. It is not necessary to be a member of the Kingsport Senior Center to participate in the Omega Challenge; however, you must be 50 or older. Encourage your friends to form a team. We will assist in forming teams for individuals who would like to compete, but are not on a team. We are looking forward to seeing you there!**

**Register your team in the office today, or call 392-8400**

## Center News

### **Open Door Policy**

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

### **Kingsport Senior Center Refund Policy**

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund

**The Kingsport Senior Center is located at  
1200 E. Center Street at the Renaissance Center.**

**For more information call the Center at (423) 392-8400  
<http://seniors.kingsporttn.gov>  
Center Hours**

**Monday thru Friday 8:00 am ~ 7:00 pm  
Saturday 9:00 am ~ Noon**

**Lynn View Senior Center Branch Site  
Hours: 9am to 2pm ~ Monday ~ Friday  
(See branch site page for more information)**

**\*The exercise room & computer lab will close  
15 minutes prior to the closing of the Center.**

**Membership dues  
For Fiscal year  
July 1, 2012-June 30, 2013**

\$15 ~ Kingsport Residents  
\$35 ~ Sullivan County Residents  
\$60 ~ Out-of-County Residents

### **Kingsport Senior Center Staff**

Director ~ Shirley Buchanan  
shirleybuchanan@kingsporttn.gov  
392-8403

Branch Coordinator ~ Cindy Price  
cindyprice@kingsporttn.gov  
392-8402

Program Leader ~ Michelle Tolbert  
michelletolbert@kingsporttn.gov  
392-8404

Wellness Coordinator ~ Kevin Lytle  
kevinlytle@kingsporttn.gov  
392-8407

Program Leader ~ Marlane Williams  
marlanawilliams@kingsporttn.gov  
423-392-8405

Secretary ~ Marsha Mullins  
marshamullins@kingsporttn.gov  
392-8400 **FAX** (423) 224-2488

Program Assistant ~ Jane Whitson  
janewhitson@kingsporttn.gov  
392-8406

Program Assistant ~ Amber Quillen  
amberquillen@kingsporttn.gov  
343-9713

Branch Program Assistant ~ Diana Broyles  
dianabroyles@kingsporttn.gov  
247-5942

Nutrition Site Manager ~ Sona Bingham  
246-8060

**Advisory Council Meeting  
Thursday, February 15th  
12:30  
Room 228**

# WELLNESS

## WELLNESS SEMINARS

**Living Well With Chronic Conditions:** This workshop is for people with chronic health concerns including:

- **Arthritis**
- **Asthma**
- **Diabetes**
- **Fibromyalgia**
- **Heart Disease**
- **Vertigo**

or any other chronic disease.

Group will meet for 2 hours once a week every **Wednesday, February 1, 8, 15, 22, & 29, 2012** from 9:00 am to 11:00 am in the Card Room. Class is limited to 16 people and cost is free.

Topic of discuss:

- **Effective problem solving**
- **How to relax & handle difficult emotions**
- **Managing symptoms**
- **Medication management**
- **Setting weekly goals**
- **Tips for eating well and exercise ideas**
- **Working with your healthcare team**

Kevin Lytle, Wellness Coordinator and Marlana Williams, Program Leader will facilitate this workshop.

**Mini Health Fair:** The Senior will host a Mini Health Fair in the hallway Billiards Room side on **Tuesday, March 27, 2012** from 9:00 am to 11:00 am. Come join us for a day of Wellness. Fall Assessments on the “Biodex” balance machine and Blood Pressure checks. Door prizes will be given at 11:15 am and you must be present at the time names are drawn to win. Participates for this event will be: Life Care Center of Gray and Pro Care. So mark your calendar for this very important date to be part of the fun.

## Tennessee Lady Vols Basketball

Come join us as we travel to Knoxville on **Sunday, February 26, 2012** for the Lady Vols vs. Florida. Cost is \$26.00, which includes your ticket and transportation with Todlow Coach. We will depart the Senior Center at 10:45 am with lunch on your own at Calhoun’s. We have 46 tickets available and a (2) ticket limit per person, sign up begins **Friday, February 3, 2012 so mark your calendar!**

## HEALTH QUOTE OF THE MONTH

You can’t lose weight without exercise. But I’ve got a philosophy about exercise. I don’t think you should punish your legs for something your mouth did. Drag your lips around the block once or twice.  
-Gary Owens

## TOURNAMENT

**Corn Hole Toss Tournament:** Come join us for a corn hole toss tournament on **Friday, February 17, 2012** at 1:00 pm in the Gym. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 12 to sign up for tournament to be played. Sign up in the Office.

## PROBIOTIC, ANTI-COLD

Sometimes you need a bug to beat a bug. ***Consuming “good” bacteria may help you fend off colds,*** according to a study review by the Cochrane Collaboration. When people took probiotic supplements or ate yogurt, 42 percent fewer caught colds or other upper-respiratory infections than people who took placebos. Two of the probiotics studied can be found in Culturelle capsules and DanActive yogurt.

## 30-MINUTE MAKEOVER

Forget the excuses: ***Just half an hour of weekly interval training can improve your health,*** say researchers at McMaster University. When people with type 2 diabetes did 10 minutes of intervals 3 days a week for 2 weeks their metabolism spiked and blood sugar levels fell. Intense intervals may stimulate muscle changes that help shuttle sugar from your blood.

## CRACK HABIT

Start cracking: ***Eating more nuts may protect you from the harmful effects of diabetes.*** In a study in *Diabetes Care*, people with type 2 diabetes who ate a handful of nuts daily had more-stable blood sugar than those who ate whole-wheat muffins instead. By replacing some carbs with the healthy fats of nuts, you may regulate your blood sugar and even stave off diabetes, says lead author Cyril Kendall, Ph.D.

## POWER LUNCH

Lunch at your desk may not be the career move. New research from Sweden reveals that ***exercising during office hours can increase your productivity.*** Employees who exercised 2 1/2 hours a week during work hours reported accomplishing more at the office than those who didn’t exercise on the job. One theory: Exercise boosts oxygen consumption, which may help improve concentration and problem-solving ability. Can’t make it to a gym? Take a walk during lunch or schedule walking meeting.

# Daily Activities and Classes at the Center

## Monday ~

Aerobics ~ 8:30 & 9:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Quilting ~ 9:00 ~ Room 303  
Open Woodshop ~ 9:00  
Camera Club ~ Go to [www.scphotogroup.com](http://www.scphotogroup.com)  
Happy Day Singers ~ 9:45 ~ Travel  
Clay, Intermediate / Advanced Hand building ~ 10:00 ~ Ceramics/Clay Room  
Strength Training ~ 10:15 ~ Gym  
Table Tennis ~ 1:00 ~ Gym  
Knitting ~ 1:00 ~ Room 303  
Volleyball ~ 4:00 ~ Gym

## Tuesday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
Dulcimer (Intermediate) ~ 9:00 ~ Atrium  
Basic Woodworking (fee) ~ 9:00 ~ Woodshop  
Basket weaving ~ 9:30-11:30, 12:00-2:00 Room 303  
Strength Training ~ 9:30 ~ Gym  
Renaissance Strings ~ 10:00 ~ Atrium  
Sing Along ~ 10:15 ~ Cafeteria  
Exercise for Everybody ~ 10:30 ~ Gym  
Dulcimer (Beginning) ~ 11:00 ~ Atrium  
Good Neighbors ~ 12:15 ~ Lounge  
Massage Therapy ~ 1:00 ~ Multipurpose Room ~ (appointment only)  
Shuffleboard ~ 1:00 ~ Ceramics Hallway  
Pickleball ~ 1:00 ~ Gym  
Basketball ~ 4:00 ~ Gym  
Karaoke ~ (3rd Tuesday) 4:00 ~ Cafeteria  
Ballroom Video Class ~ 4:30pm ~ Room 302 (resumes Feb 14th)

## Wednesday ~

Aerobics ~ 8:30 & 9:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Open Woodshop ~ 9:00  
Clay, Beginning Hand building ~ 10:00 ~ Ceramics/Clay Room  
Strength Training ~ 10:15 ~ Gym  
Intermediate Clogging ~ 11:15 ~ Room 302  
Hand and Foot Card Game ~ 12:30 ~ Card Room  
Table Tennis ~ 1:00 ~ Gym  
Belly Dance ~ (Women Only) ~ 1:00 ~ Room 302

## Thursday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
Woodcarving ~ 9:00 ~ Room 303  
Basic Woodworking (fee) ~ Woodshop  
Strength Training ~ 9:30 ~ Gym  
Beginning Clogging ~ 10:00 ~ Room 302  
Exercise for Everybody ~ 10:30 ~ Gym

Beginning Belly Dance ~ 11:30 ~ Room 302 ( Women Only)

## Thursday Continued ~

Jam Session ~ 12:00 ~ Cafeteria  
Good Neighbors ~ 12:15 ~ Lounge  
Volleyball ~ 1:00~ Gym  
Pickleball ~ 4:00 ~ Gym  
Ballroom Dance ~ 5:00 ~ Cafeteria

## Friday ~

Aerobics ~ 8:30 & 9:15 ~ Gym  
Genealogy Group ~ 9:00 ~ Computer Lab  
Open Woodshop ~ 9:00  
Massage Therapy ~ 9:45 ~ Multipurpose Room ~ (appointment only)  
Strength Training ~ 10:15 ~ Gym  
Pickleball ~ 1:00 ~ Gym  
Bridge Group ~ 1:00 ~ Card Room  
Art Class ~ Painting ~ 2:00-4:00 ~ Room 303

## Saturday ~

Basketball ~ 9:00 ~ Gym  
Table Tennis ~ 10:30am ~ Gym



**Sharon McCurry shows off the dulcimer she made with Johnny Clarks instruction.**



## TRAVEL AND SPECIAL EVENTS

**Super Bowl Party** ~ Thursday, February 2, 2012  
~Room 239 ~ 11:30am ~ Bring soup and /or dessert  
**Sign-up began January 11, 2012.**

**Information Central: Lifeline with Mountain States Health Alliance** ~ Card Room ~ Tuesday, February 7, 2012 ~ 12:15 pm until 1:15 ~ FREE ~ Light refreshments will be served. **Speaker is Melissa Johnston**

**Gray Fossil Site Volunteer Recruitment** ~ Card Room ~ Tuesday, February 21, 2012 ~ 12:30-1:30 ~ FREE ~ **Sign-up's began January 20.**

**Internet Basics** ~ 4 Class Sessions: February 15 - March 7, 2012, Wednesday ~ 9:00am - 11:30am  
~Cost: \$25. **Sign-up in the office.**

**Publicity Committee hosts annual Bean Luncheon**  
~ Friday, March 9, 2012 ~ 11:30am-1:00pm ~ Room 239 ~ Cost: \$5.00 per person ~ **Tickets will be sold by committee members beginning February 9.**

**Manicures** ~ Tuesday, March 13, 2012 ~ 11:30am-2:00pm ~ Multipurpose room ~ Cost: \$2.00 paid to manicurist ~ **Sign-up's begin February 14.**

**Excel** ~ 4 Class Sessions - March 14 - April 4, 2012 Wednesdays ~ 9:00am - 11:30am ~ Cost: \$25.00

**"Swamp Gas and Shallow Feelings"- Barter Theatre** ~ Wednesday, March 21, 2012 ~ 10:30am-5:30pm ~ Cost is \$ 28.00 ~ Lunch at Chili's exit 7 ~ **Sign-up's begin February 7.**

**AARP Safe Driving** ~ Wednesday, March 21, 2012 and Friday, March 23, 2012 ~ 9:00am-1:00pm ~ Room 230 ~ \$12 for members \$14 non-members ~ **Sign-up's begin February 22.**



**Bill Danna has his blood pressure checked by ProCare.**



**Joyce Manis and Dorothy Lawson using the new electronic check in system.**

### **AARP Tax Assistance**

Computer lab on Thursday's,  
beginning February 2nd  
9:00 a.m.—2:00 p.m.

Please call the senior center  
office for an appointment.  
423-392-8400

## TRAVEL AND SPECIAL EVENTS

### **Candlelight Dinner**

Thursday, February 16, 2012

Location: Room 310

5:30pm-7:00pm

Cost: \$10.00 per person

Sign up now

### **9 to 5: The Musical**

Thursday, March 1, 2012

Location: Barter Theatre

10:30am-5:30pm

Lunch at Logan's Roadhouse exit 7

**Sign-ups begin February 3, 2012**

### **Beginning Photography II**

Wednesday and Friday

February 15, 2012- March 2, 2012

1:00pm-3:00pm

Room 230

**Sign-ups began January 18, 2012**



### **S.A.L.T. Council Meeting**

Location: Cafeteria

February 14, 2012

Refreshments provided.

9:00am

Purpose of these meetings is to involve more Seniors in the

**"Seniors and Law Enforcement Task Force"**

to increase awareness in our communities.

Sponsored by

Comfort Keepers of Tri Cities and the S.A.L.T Council

### **OTLB- Applewood Farmhouse/ Apple Barn store shopping**

Friday, March 9, 2012

Location: Sevierville, TN

10:30am-5:30pm

**Sign-ups begin February 3, 2012**



# Your Page

## From the Dancing Corner

The February Dance at Rascals will feature one of the most popular bands in the Tri-Cities area: KIDS OUR AGE. David Riggs on guitar, Jim Lane on keyboard and Jim Philyaw on drums give a superb act each time they perform. Their music stirs a desire to dance till their last song, and they are always adding new songs to their repertoire to heighten our sense of enjoyment. Please come and welcome KIDS OUR AGE back to Rascals on Friday, February 10th.

See you at Rascals!

## February Dance with Live Music from Kids Our Age

When: Friday, February 10, 2012

Time: 7:00 PM - 10:00PM

Where: Rascals Teen Center  
125 Cumberland Street, Kingsport

The cost is \$5 per person. Please bring a dessert or snack to share.

## Diabetic Foot Care

Fourth Tuesday in each month

**Begins: Tuesday, February 28, 2012**

Time: 9:00am-12:00pm

1:00pm-4:00-pm

Location: Multipurpose Room

Cost: \$30.00 cash only

Call the senior center office to schedule  
Appointment (1hour)

This is for participants with foot problems,  
diabetes, etc. Will trim toenails.

\*Bring a towel to appointment\*

## Massage Therapy

**Fridays with Debra Defrieze**

30 minute massage \$15.00,

call (423)791-4693

And **Tuesdays with Billy Burford** call

(423) 341-4522

Schedule appointments by calling and pay  
massage therapist day of appointment.

## Library Book Day

Thursday, February 16, 2012

Time: 9-11 a.m.

Table in front of the senior center office.

**Will not meet in March and April.**

**Will resume May 17.**

## Annual Dog Show

Thursday, February 23, 2012

Time: 10:00am-11:30am

Location: Atrium

Sign up day of show



**Bring an item to be donated to the shelter**



## NEWS TO USE

### Sweethearts Serenade and Treats

Location: Cafeteria

Tuesday, February 14, 2012  
12:30pm-1:30pm



### COAT AND BLANKET DRIVE

Kingsport Senior Center  
Office  
Now thru  
February 2012

Drop off used or new Blankets &  
Coats, Hats, Gloves for  
all ages!

### A Tasty Treat From Marsha

#### Sliced Baked Potatoes

4 servings - Prep time: 15 minutes

#### Ingredients

4 medium potatoes  
1 tsp. salt  
2 to 3 Tbsp. melted butter  
2 to 3 Tbsp. chopped fresh herbs such as  
parsley, chives, thyme or sage *or*  
2 to 3 tsp. dried herbs of your choice  
4 Tbsp. grated Cheddar cheese  
1 1/2 Tbsp. Parmesan cheese

#### Directions

1. Peel potatoes if the skin is tough, otherwise just scrub and rinse them.
2. Cut potatoes into thin slices but not all the way through. Use handle of a spoon to prevent knife from cutting through.
3. Put potatoes in baking dish. Fan them slightly.
4. Sprinkle with salt and drizzle with butter. Sprinkle with herbs.
5. Bake potatoes at 425° for about 50 min.
6. Remove from oven. Sprinkle with cheeses.
7. Bake potatoes for another 10 to 15 minutes until cheese is melted and potatoes are soft inside.

**Nutrition Facts:** 1 serving, Calories:235, Protein: 5.6g, Fat: 8.8g, Carbohydrates: 33.2g, Sodium: 732mg



# Winter 2012 Branch Site Class Schedule

## Core Conditioning

- Mondays & Wednesdays
- 9:30am
- Location: Boys/Girls Club
- Instructor: Chris Hicks
- Great for all ages.
- Gain core strength

## Drawing

- Wednesdays
- Time: 10:00 a.m. - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Basic drawing class

## Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- MUST WEAR SOFT-SOLED SHOES

## Line Dance - Intermediate

- Mondays
  - Time: 12:45pm –1:45pm
  - Location: Boys/Girls Club
  - Instructor: Lyna Faye McConnell
  - Faster-paced, less instruction for advanced dancers.
- MUST WEAR SOFT-SOLED SHOES

## Advanced Yoga

- Tuesdays & Thursdays
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC, Rec. Room
- Instructor: Tish Kashdan

## Private Personal training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

## Artist and Crafters Monthly Breakfast

- February 14, 2012, 9:30 a.m.
- Lynn View Community Center
- Please call for reservation

## Strength Training

- Tuesdays & Thursdays
- Time: 9:00 a.m.
- Location: Lynn View Community Center
- Instructor: Chris Hicks

## Yoga

- Tuesdays & Thursdays
- Time: 11:30am - 12:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

## Zumba Fitness

- Tuesdays & Fridays
- Time: 10:45 am
- Location: Lynn View Community Center
- Instructor: Brooke Taylor
- Minimum of 8 students required

## Total Body Workout

- Mondays & Wednesdays
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor: Terri Bowling

## Couponing Group

- Ongoing
- No FEE
- Instructor/ Group Leader: Marlana Williams
- Location: Lynn View Branch Site
- Share coupons/ ideas/ guest speakers
- 2nd Monday of each month/ Beginning October 10th
- Intergenerational/ do not have to be a member to attend couponing group.

## Game Day

- 3rd Tuesday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

## Pickle-ball

- Wednesdays and Fridays
- 2:00—4:00 pm
- Lynn View Community Center



**Exercise Room at Lynn View**



**V.O. Dobbins Community Center**



**Boy's and Girl's Club**



CLASSES BEGAN THE WEEK OF January 9, 2012 UNLESS OTHERWISE NOTED.

Kingsport Adult education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400  
All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.

**JOB SKILLS**

**Beginning Computer Literacy**

- Call 423-392-8400 to be placed on an interest list
- Fee \$70 Mondays 6:00pm - 8:00pm
- Instructor: TBA
- Tuesdays 6:00 - 8:00pm
- Location: Computer Lab, Lynn View CC

**2008 National Electric Code (Commercial)**

- Call 423-392-8400 to be placed on an interest list
- Fee: \$70
- Mondays 6:00 - 8:00pm
- Instructor: Chris Ferrell, Electrical Inspector
- Location: Renaissance Center Cafeteria

**2008 National Electric Code (Residential)**

- 8 Weeks (Began January 23rd)
- Fee \$70
- Mondays 6:00-8:00 p.m.
- Instructor: Chris Ferrell, Electrical Inspector
- Location: Renaissance Center Cafeteria

**Beginning Heating Ventilation and Air Conditioning Certification Preparation**

- Call 423-392-8400 to be placed on an interest list
- Fee: \$165
- Tuesdays 6:00pm - 9:00pm
- Instructor: Jim Dotson
- Location: Multipurpose Room, Renaissance Center

There will be 2 more 10 week sessions following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students, must pre-register.

**CULTURAL/ARTS/CRAFTS**

**Card Making Workshop**

- Call 423-392-8400 for March start date
  - 5:30pm
  - Instructor: Vicki Patton
  - Fee: \$10/includes materials
  - Location: Lynn View Community Center
- You will make 5 cards and take materials home to make additional 5 cards.

**Fly Tying**

- Call 423-392-8400 to be placed on an interest list
- Tuesdays
- 6:00 p.m. - 8:00 p.m.
- Instructor: Joseph Aimetti
- Fee: \$10 plus supplies
- Supply list available at sign up
- Location: Lynn View Community Center

Learn to tie basic flies used in fly fishing. A more advanced class will be offered in the winter.

**Couponing Group**

- Ongoing
- No FEE
- Instructor/ Group Leader: Marlana Williams
- Location: Lynn View Community Center
- Share coupons/ ideas/ guest speakers
- 2nd Monday of each month

**Beginning Clay**

- 8 week class ( Beginning April 10)
- Fee: \$60 plus \$10 clay and \$10 firing fee
- Instructor: Kara Bledsoe
- Minimum: 8 students
- Maximum: 15 students

This is a beginning hand building clay class. You will learn basic hand building techniques. You will complete 8 different projects.

**HEALTH/EXERCISE**

**Beginning Golf Lessons**

- 6 weeks
- Fee: \$25
- Tuesdays 6:00 p.m.
- Instructor: Wallace Ketron
- Begins April
- Call for more information

**HEALTH/EXERCISE CONT**

**Personal Training with Chris**

- Instructor: Chris Hicks
- Available by the hour or as package
- Contact Chris (423-741-5643)

**Zumba Fitness**

- 6 weeks
- \$25 fee per session
- Instructor: Becky Lifford
- Location: Lynn View Community Center, Cafeteria

**DANCE CLASSES**

**Beginning Line Dance**

- 8 weeks
- Fee: \$25
- Instructor: Lyna Faye McConnell
- Thursdays, 6:30pm - 7:30pm
- Location: Lynn Garden Community Center

**Trail Dance**

- 8 week class
- Dates same as Line Dance
- Fee \$25 or free if you take Line Dance class
- Instructor: Lyna Faye McConnell
- Thursdays, 7:30pm - 8:30pm
- Location: Lynn Garden Community Center

**Hula Dance**

- Call 423-392-8400 to be placed on an interest list
- Fee: \$30
- Mondays, 5:30 PM
- Instructor: Tilini Miller
- Location: Renaissance Center

**Salsa Dance**

- 4 weeks (Began Jan. 10)
- Fee: \$10 for 8 classes
- Tuesday & Thursdays
- Time: 1:00
- Room 302, Renaissance Center
- Instructor: BJ Golliday

**“You Can Kick the Nicotine Habit”**

- Thursday, March 8, 2012
- No FEE
- Instructor: Mike Lambardo
- Card Room, Renaissance Center
- Sign-up February 9



**KINGSPORT SENIOR CENTER ARTS SHOW**

**March 6- April 27, 2012**

AREA SENIORS ARE INVITED TO FEATURE THEIR ARTS AND CRAFTS IN A SHOW IN THE 2<sup>ND</sup> FLOOR GALLERY : MARCH 6<sup>TH</sup>- APRIL 27<sup>TH</sup>.

WORKS ELIGIBLE ARE: DRAWINGS, PAINTINGS, SCULPTURE, PRINTS, FIBER ART AND HAND BUILT CERAMIC WARE.

ALL ENTRIES MUST HAVE BEEN COMPLETED WITHIN THE LAST TWO YEARS. ONLY ORIGINAL WORKS OF ART WILL BE ACCEPTED. ARTISTS MUST BE 50 YEARS OF AGE. THIS IS A JURIED SHOW AND ALL JUDGING DECISIONS ARE FINAL.

\*All artists assume the risk associated with showing work. Kingsport Senior Center and the City of Kingsport are not liable for any damage or loss.

**AWARDS ARE AS FOLLOWS: 1ST PLACE--\$75; 2ND PLACE--\$50; 3RD PLACE--\$25; AND PEOPLE’S CHOICE AWARD--\$25.**

**ENTRY FEE IS \$5.00 FOR THREE PIECES, ANY ADDITIONAL ENTRY WILL COST \$2.00. –Payable in the senior center office. PLEASE DROP OFF ARTWORK BETWEEN FEBRUARY 31- MARCH 2, IN THE SENIOR CENTER OFFICE.**

**A reception recognizing artists will be held at 12:30 on MARCH 6<sup>TH</sup> in the Atrium Gallery.**

**REGISTRATION AND ENTRY FORM (Please Print)**

Name: \_\_\_\_\_

Address:\_\_\_\_\_

Phone:\_\_\_\_\_

**ENTRY CATEGORIES:**

Name of Piece	MEDIUM	Price
#1_____		
#2_____		
#3_____		

## **Reflexology/Chair Massage Demo**

Location: Hallway Billiard Room Side

Tuesday, February 7, 2012

Thursday, February 9, 2012

Tuesday, February 14, 2012

9:00am-2:00pm

Cost is Free

No sign up required

\*Massage therapist: Billy Burford, B.S, LMT\*

**Kingsport Senior Center**  
**1200 E. Center Street**  
**Kingsport, TN. 37660**  
**Phone: 423-392-8400**

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